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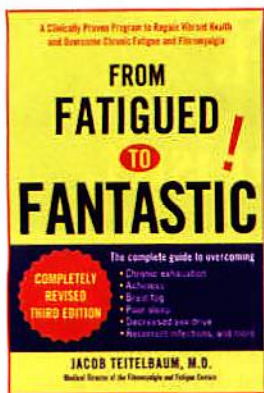
**IBS Sufferers**  
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Sherry Torkos, RPh.  
Integrative Pharmacist



**From Fatigued to Fantastic!**  
Third Edition  
by Jacob Teitelbaum, M.D.  
Avery/Penguin Group USA  
ISBN: 978-1-58333-289-4

“The “perfect storm” in American health has *already* hit. Over the past 10 years, the incidence of Chronic Fatigue Syndrome (CFS) and Fibromyalgia (FMS) has exploded by 400 to 1000 percent, as documented in five separate studies. The numbers for those with CFS in the U.S., previously estimated at 500,000, are now being re-tallied at closer to 2.5 million. Previous estimates placed the number of Americans with FMS at six million. Studies worldwide suggest this has likely gone up in the last decade to approximately 24 million Americans.”

The publication of *From Fatigued to Fantastic!* by board certified internist Jacob Teitelbaum, M.D., provides a timely solution following the recent recognition by the CDC, NIH, and FDA that CFS and FMS are bona fide and devastating illnesses. This best-seller provides a comprehensive understanding of CFS/FMS and the latest research, as well as a step-by-step guide to the “SHIN Protocol” that has helped so many thousands of these patients get their lives back.

“CFS and Fibromyalgia are not the ‘yuppie flu’ as they have been called. They are the signature diseases of modern life,” explains Dr. Teitelbaum, who himself suffered from the disease as a medical student. “If you’re exhausted and unable to sleep, experience brain fog, weight gain and low libido, you probably have CFS; if you have widespread pain as well, then you

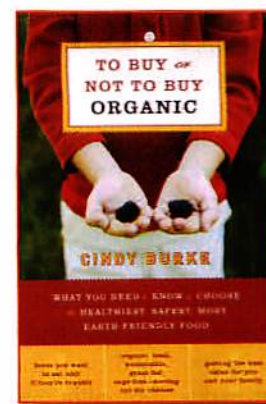
likely also have fibromyalgia. They’re two sides of the same coin.

“CFS/FMS reflects a personal energy crisis where more energy is spent than the body is able to produce,” says Dr. Teitelbaum. “The area using the most energy, the hypothalamus, effectively blows a fuse and since it controls sleep along with hormonal function, blood pressure and body temperature, people are unable to sleep even though they’re exhausted. The energy meltdown also causes widespread muscle shortening (think: writers cramp or rigor mortis) with widespread pain.”

Dr. Teitelbaum’s “SHIN Protocol,” featured in the book and published in the *Journal of Chronic Fatigue Syndrome* (8:2, 2001), was found to improve the quality of life an average of 75 percent at three months and 90 percent at two years, with 90 percent of the study patients improving. “SHIN” addresses four vital areas of health: Sleep; Hormonal deficiencies (despite normal blood tests); Infections; and Nutritional deficiencies.

Another study by Dr. Teitelbaum published in the *Journal of Alternative and Complementary Medicine* (12:9, 2006) showed that a simple 5-carbon sugar called ribose (5000 mg 3x/day) increased energy in fibromyalgia patients by an average of 45 percent after only two weeks.

The 3rd revised version of *From Fatigued to Fantastic!* is not only for those with Chronic Fatigue Syndrome and Fibromyalgia. It speaks to the “walking wounded” among us—the 25 plus million Americans who report having experienced disabling fatigue that’s lasted at least a month. How many millions more frequently suffer from flagging energy and wonder why their get-up-and-go got up and went? Even for patients with full blown Chronic Fatigue Syndrome, by applying “SHIN Protocol,” most start feeling better in two to three months. This book is a step-by-step guide to Vitality 101 and provides the tools you need to get your life back.



**To Buy or Not to Buy Organic**  
by Cindy Burke  
Marlowe & Company  
ISBN: 978-1-56924-268-1

Food journalist and former professional chef Cindy Burke writes in the introduction of this book: “Organic food can be so expensive and difficult to find that I always wondered if I was spending my money wisely. I’ve actually spent \$11 on one organic cauliflower—and then wondered the entire way home if that purchase was excessive and foolish. Swapping one kind of anxiety (over the risky effects of pesticides) for another (over wasting money at the grocery store) didn’t feel like a good trade to me. I decided to become informed, really informed, about the options—organic, conventional, local, sustainable—so that I could choose the healthiest, safest food available.”

*To Buy or Not to Buy Organic* is the result of an investigation by food journalist and former professional chef Cindy Burke. It tells you how to choose the healthiest, safest, most earth-friendly food as you make your way through the supermarket, your local farmers’ market, or your natural foods store. Highlights include:

- Making sense of the choices presented by organic, local, sustainable, minimally treated, grass-fed and cage-free foods
- How to reduce exposure to pesticides and find foods with the least risk to your health
- Why children are more vulnerable to pesticides and how to protect your child’s health
- An at-a-glance shopper’s guide to more than 100 foods, from almonds

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